

HOMEMADE JUICES



Liquid Sunshine / Green

Celery, cucumber, apple, lemon, ginger

True Love / Red

Seasonal juice with beetroot

Supercharge / Orange

Seasonal juice with carrot

Ginger Shot 60 ml **3,0**

HOMEMADE SMOOTHIES



Super Green

Coco-rice milk, spinach, frozen mango, lime, banana

Purple "açai" Glow

Coco-rice milk, frozen açai, banana

COLD

Iced Caffe Latte **4,9**

Water **2,5**

Still or sparkling from a bottle

Kombucha 325 ml **4,5**

Probiotic beverage that builds up your intestinal flora,
contains live enzymes, amino acids, minerals, vitamins...

Whole Earth Ginger 330 ml **3,5**

Fritz-kola 330 ml - different flavours **3,5**

Organic Beer 330 ml **4,0**

Ruwet Apple Cider 330 ml - all natural apple cider **4,5**

Red and White Wine 250 ml - fairtrade **6,0**

Juicing vs. blending

*Juices: instant infusion of nutrients,
give the digestive system a break, cells can focus
on rest & repair.*

*Smoothies: support digestive health, sweep toxins
away, satisfy hunger & sustain energy over time.*

HOT

Tea **2,5**

Espresso **2,2**

Coffee (regular/grain) **2,8/2,5**

Grain coffee is an alternative to coffee with a very different
flavor and no caffeine, made from barley, malted barley,
chicory, rye, figs and guarana.

Cappuccino **3,5**

Hot chocolate milk **3,9**

Latte **3,9**

Coffee with lots of milk: Caffe latte (regular/grain)

Herbal tea with lots of milk:

Chai latte (brown spice-mix)

Turmeric latte (yellow - soothing)

Matcha latte (green - energizing) 4,5

Our lattes are made with plant-based milk.

ORDER & PAY
AT THE COUNTER
PLEASE

LET US KNOW IF YOU HAVE
ANY ALLERGIES OR INTOLERANCES!

BREAKFAST ALL DAY LONG!

| | |
|---|------|
| Smoothie bowl | 12,0 |
| Smoothie of choice (turn page for list of smoothies) topped with gluten-free granola & loads of fruit | |
| Parfait | 7,0 |
| Layers of sugar-free soy yogurt, chia jam, gluten-free granola & fruit | |
| Two slices of banana bread | 8,0 |
| Topped with peanut butter & chia jam - small fruit salad | |
| Spelt pancakes | 9,5 |
| Topped with homemade chocolate sauce, chia jam & loads of fruit (gluten-free option: buckwheat) | |
| Toast with scrambled 'eggs' | 12,0 |
| Two toasts with scrambled tofu - small salad | |
| Toast with carrot lox | 12,0 |
| Two toasts with tofu cream cheese & carrot 'smoked salmon' - small salad | |

BREAKFAST MENUS

Have a taste of our different breakfast items

| | |
|---|------|
| Breakfast menu S | 18,0 |
| Juice + coffee or tea + small toast with hummus + small toast with scrambled 'eggs' + small parfait + small chocolate caramel slice | |
| Breakfast menu M | 20,0 |
| S + a slice of banana bread topped with peanut butter and chia jam | |
| Breakfast menu XL | 22,0 |
| S + slice of banana bread + small pancake with loads of fruit | |

LUNCH

| | |
|--|------|
| Soup of the day | 8,5 |
| Soup (4,5) / Slice of bread (1) / Small salad (3) | |
| Two hummus toasts | 11,0 |
| Sourdough bread, homemade hummus & veggies - small fruit salad | |
| Salad bowl | 15,0 |
| Look at our blackboard to find out what it currently is! | |
| Buddha bowl | 15,0 |
| Look at our blackboard to find out what it currently is! | |
| Bowl menu | 22,5 |
| Juice of choice + bowl (buddha or salad) + dessert of choice | |
| Dutch Weed Burger | 10,5 |
| Our neighbour's famous burger - seaweed and soy patty with a chlorella bun | |
| Don't forget to take a look at our blackboard for possible suggestions! | |

SNACKS / DESSERTS

| | |
|---|-----|
| Bliss ball | 2,5 |
| Almond ball made from dates & nuts | |
| Chocolate caramel slice | 5,0 |
| Our bestseller treat never disappoints! | |
| Raw cake | 5,0 |
| A revolutionary dessert ~ made without flour, dairy, eggs or refined sugars ~ unheated, so the ingredients vitamins, minerals, enzymes, antioxidants are maintained ♡ | |
| Small fruit salad | 7,0 |
| All our desserts are gluten-free! | |



Life is a plant-based breakfast and lunch bar, providing something for everyone!

As firm believers of nourishing the body AND the soul, we provide all the foods and drinks to do exactly that.

Enjoy our food and experience all the variety the plant-based kitchen has to offer!

We promise to make you glow !

 [facebook.com/lifebarleuven](https://www.facebook.com/lifebarleuven)

 [lifebar_be](https://www.instagram.com/lifebar_be)

The smoothie is made slightly thicker and creamier so it's easier to spoon away!